



The Young at Heart News

WATAUGA COUNTY PROJECT ON AGING

132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

265-8090

L. E. Harrill Senior Center

265-8090

Western Watauga Community Center

297-5195

SEPTEMBER AND OCTOBER 2011



Caregiver Information

Caregiver Support Group- meets at 1 p.m. the first Thursday of each month at Deerfield Ridge Assisted Living. Respite care is available at no charge. Please call Sharon at 264-0336 to reserve respite care or for more information.

Educational Opportunities - New River Geriatric and Adult Mental Health Specialty Team will be leading two seminars. The first will be held on Monday, September 12 from 3-4 p.m. and is entitled "Walk a Mile in my Shoes." The second session will discuss "Sensory Integration" and will be held on Monday, October 24, from 3-4 pm. Both sessions are free and are open to everyone, including professionals as well as family caregivers. Please call to register.

Alzheimer's Information Session- presented by Nicole Rieger Thomas of the Alzheimer's Association. "When Safety Becomes a Challenge." Tuesday, September 22, from 2:30-4 p.m. Caregivers and professionals encouraged to attend. Please call to reserve a spot for this free education session.



Senior Center Month Activities

The Harrill Center will be celebrating Senior Center Month with a Talent Show on Friday, September 9, from 10 a.m. - Noon. All types of talent are welcome! We will also have our Annual Walk-a-Thon on Wednesday, September 28, from 10 a.m. - Noon. The Western Watauga Community Center will be celebrating with a tour of the Doc Watson Museum on Thursday, September 29, from 10 - 11 a.m. On Tuesdays and Thursday for the month of September outdoor games (weather permitting) from 9 a.m. - 2 p.m. Games available are badminton, Bocce, crochet and horseshoes. Come by or call the centers to register for either of these events!

Advocacy Corner

On Tuesday, October 11, at 11 a.m., Diane Trainer from the Senior Medicare Patrol will join us at the Lois E. Harrill Senior Center to discuss how to detect and report Medicare fraud and how to protect your identity.

New Dates for Medicare Part D Open Enrollment

The enrollment period for 2012 Part D Plans will begin on October 15, 2011, and end on December 7, 2011. This is a change from years past when you were able to enroll between November 15 and December 31. The last application submitted during the Annual Enrollment Period will become effective on January 1, 2012. In other words if you submit an application but change your mind, as long as you are still in the enrollment period, you can submit another application. The plan you choose during the enrollment period cannot be changed after the enrollment period ends unless you are entitled a Special Enrollment Period (SEP) or are taking advantage of the new SEP to switch to a Part D Plan which is rated as 5 star by CMS. Please call the Harrill Center in early October for an appointment if you would like to review your drug plan, or go to www.medicare.gov.

AARP Driver Safety Class Offered for Older Adults

The nation's first and largest driver safety classroom refresher course geared especially to older adults driver safety needs will be offered, for a nominal fee, on Tuesday, October 25, from 8:30a.m.-1p.m. Classes will be held at the Lois E. Harrill Senior Center in Boone. The instructor will be Kathy Powell. The cost of the program is \$12 per person for AARP members (\$14 for non-members) and will offer information on how to compensate for changes in vision, hearing, and reaction time; what to do if confronted by an aggressive driver; when to use a car phone; how medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Coffee, water, and a light snack will be provided. Call the center at 265-8090 for more information, or to reserve a seat.



Please Call About Newsletter Mailings

In an effort to cut costs, we are trying to minimize the number of newsletters we mail. If you would still like to receive the newsletter by postal mail, please call us at 265-8090 by mid-October to let us know. The newsletter is available by email if you would like to provide us with your email address. It is also posted at www.wataugacounty.org, and available for pickup at both centers. Thanks for your assistance in helping us reduce costs!

LOIS E. HARRILL SENIOR CENTER

September and October 2011



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Tabitha Thomas is the center's director.

Weekly Activities

Monday - Art Class (intermediate) -	9 a.m. - 12 noon
Rummy Group - - - - -	10 a.m - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	10 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Rummy Group - - - - -	10 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Indoor/Outdoor Games - - - -	10:00 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 10:30 a.m.
California Rummy - - - - -	10 a.m. - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Rummy Group - - - - -	10 a.m - 12 noon
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Arthritis Foundation Tai Chi -	4 - 5 p.m.
Tai Chi - - - - -	5:30 - 7:30 p.m.
Watauga Photography Club -	7 - 8:30 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	10 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Blue Ridge Forum (call for schedule)-	2 - 3:30 p.m.

Drop in Activities

The following are available for use at the center by persons 60 and older: * Balance Beam Scales for checking weight * Bocce * Card Tables * Computer Lab * Croquet * Electric typewriter * Exercise Equipment * Exercise Your Brain Mental Adventures (Variety Puzzles) * Karaoke Machine * Library (Books and Audio books) - May also be checked out for use at home * Piano * Photo Smart Printer - .50 cents per 4x6 photo * Pool Table * Sewing Machines * Table Games, Jig Saw Puzzles, and Cards * Televisions/VCR and DVD Players * Video Library * Wii *

**Agency Information-**

Tuesday, September 6, 11 a.m. - Hospice services and volunteer opportunities.

Tuesday, October 11, 11 a.m. - Senior Medicare Patrol: How to detect Medicare fraud and how to protect your identity.

Congregate Nutrition Program

Lunch is served Monday - Friday at 12-12:30 p.m.

Special Activities

Trip to Historic Jonesborough and Johnson City, TN - Thursday, September 15, 9:00 a.m.-5 p.m. Shopping and lunch at the Johnson City Mall, then National Storytelling Center in Jonesborough and a stroll downtown. Cost for one hour session of storytelling is \$11 and transportation is \$2. Please bring money day of trip or you may pay ahead. Call to reserve a seat.

Rosen Sculpture Walk - Wednesday, September 14, 10 a.m.-11:45 a.m. Please see Tabitha to register. Appalcart will take us to ASU campus for a guided walking tour through the Rosen Sculpture Competition. The van will return to the center by lunchtime.

Wii Bowling Tournament - Come join us for a morning of fun on Friday, September 30, 10a.m.-Noon, contest open to men and women age 60 and over. Prizes will be awarded!

AF Tai Chi classes - A new session of Arthritis Foundation Tai Chi will begin on Thursday, September 29, at 4 p.m. and will run for 12 weeks. Cost is \$48 for the session. Please come by the center to register by 5 p.m. on Wednesday, September 28.

Halloween Party - Monday, October 31, 10 a.m.-12 p.m. Refreshments, music, fun! Costume Contest with prizes! Snack and drink donations are greatly appreciated.



October and November Trips - Trips may be scheduled if funds allow. Please call the center in early October for more information.

Support Groups:

"The Art of Living", a reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the first Friday of each month from 10 a.m.-12 p.m.

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m. and **NAMI Connections** meets every Tuesday from 2:30 - 4 p.m.

Special Interests and Services

Health Screenings - Thursday, October 27. For adults age 60 and over. There is \$25 charge for people who have Medicare. Please call for an appointment.



Free Hearing Aid Services- Hearing screenings; Otosopic examination to see if you have excessive earwax that needs to be removed by your doctor; Free batteries and Free cleaning on any brand of hearing aid. September 20, from 9:30-11:30 a.m.

Special Interests and Services Continued

Legal Aid Helpline – 1-877-7562. Legal Aid Office in Boone is closing; please call helpline number for legal assistance.

Computer Training - Free computer training is available by appointment.

Book Club - 3rd Wednesday of each month, 1:30-2:30 p.m. (Date subject to change, call for more information).

AARP– Will meet third Tuesday of each month from 10:30 a.m. - noon in upstairs conference room of Human Services Building.

Advocacy Opportunities- The center provides information on advocacy opportunities, “Effective Advocacy” training and Voter registration forms.

Amateur Radio Club - Meets the first Monday of each month from 6 - 8 p.m.

Fit for Life Program- Register to earn points for incentive gifts when you participate in indoor walking program, exercise classes, exercise equipment and line dancing.

Memory Lane - Last Tuesday of every month from 10 - 11 a.m. Take a stroll through history as we watch videos and listen to music of days gone by.

Volunteer Opportunities- Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

Transportation- The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.



Information and Referral- Available at the senior center for services not provided by the Project on Aging.

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 p.m.

Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

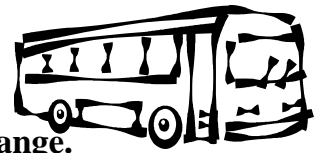


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AppalCart Schedule

L. E. Harrill Senior Center

Days/Routes are subject to change.



Monday - Intown, Foscoe, and Meat Camp

Tuesday - Deep Gap, Stoney Fork, Blowing Rock, and Intown

Wednesday - Cove Creek, Meat Camp, Todd and Intown

Thursday - Intown, Foscoe and Matney

Friday - Blowing Rock, Deep Gap, Intown, and Stoney Fork



Jewelry Workshop

The next wire-wrapping jewelry class will be an earrings workshop held on Thursday, September 15th from 9:00 a.m. - Noon. Participants will be able to choose from a variety of styles and should be able to complete three to five pairs of earrings during the workshop depending on style selected and skill of student. No experience is necessary. Class fee of \$25 includes instruction, handouts, and use of tools. Materials are extra and will be from \$2.50 - \$4.00 per earring pair, depending on style, gemstones/beads, findings and metal selected.

The project for the October will be a wire-wrapped bracelet. This workshop will be held on Thursday October 13th from 9:00 a.m -Noon. Class fee is \$25 plus materials. Some experience with wire-wrapping is recommended. Please contact the Harrill Center to register for either class. Fees will be collected the day of the workshop. There is a limit of 8 students per session. The instructor is Francine Barr.

Gentle Yoga

The next 12-week session of Yoga classes is scheduled to begin at the Lois E. Harrill Senior Center in Boone on Tuesday, September 13 and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5 p.m. on Monday, September 12. Classes at the Western Watauga Community Center will begin Friday, September 9 from 10:15-11:15 a.m.

(registration deadline is 5pm Thursday, September 8). This class is appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher for more than 30 years. Her classes are a delightful blend of humor, challenge and wisdom. The cost of each 12-week session is \$60.00 per person. Any age may register, but if the class exceeds the attendance limit priority will be given to persons age sixty and older. Please call 265-8090 with any questions.



Zumba Gold is Coming!!

Zumba Gold is an exercise program designed for seniors which combines dance with fun, Latin-style music. Classes will be held on Wednesdays from 4-5 p.m. beginning Wednesday, September 7. Please call the center for more information.

Christmas Craft Sale

Christmas Craft Sale will be on November 16 and November 17. If you are interested in selling items please call or come by the center for forms.

WESTERN WATAUGA COMMUNITY CENTER

September and October 2011



To receive more information or to register for a service or activity at the Western Watauga Community Center please call 297-5195. Toni Wait is the center's director.

Weekly Activities

- Monday** -Walking - - - - - 8 - 11:00 a.m.
- Shopping Van - - - - - 9 a.m. - 3 p.m.
- Rug Hooking Class - - - - - 10 a.m. - 1 p.m.
- Bridge - - - - - 9:30 - 11:30 a.m.
- Gentle Exercise - - - - - 12:15 - 1:15 p.m.
- Tuesday** - Walking - - - - - 8 - 11 a.m.
- Woodcarving Guild - - - - - 8:00 - 11:30 a.m.
- Beading and Jewelry Making - 9:30 - 12:30 a.m.
- Wednesday** - Walking - - - - - 8 - 11 a.m.
- Knitting - - - - - 9 a.m. - 12 noon
- Bridge - - - - - 9:30 - 11:30 a.m.
- Gentle Exercise - - - - - 12:15 - 1:15 p.m.
- Shopping Van - - - - - 9 a.m. - 3 p.m.
- Thursday** - Walking - - - - - 8 - 11 a.m.
- Art Class - - - - - 9:30 a.m. - 1 p.m.
- Lap Quilting Guild - - - - - 9 a.m. - 1 p.m.
- Friday** - Walking - - - - - 8 - 11 a.m.
- Weaving Guild - - - - - 9 a.m. - 1 p.m.
- Yoga - - - - - 10:15 - 11:15 a.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m. and Party Bridge from 9 a.m. - 2 p.m.

Fitness equipment is available to those age 60+ population Monday - Friday from 8 a.m.-4 p.m. with staff present.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 11 a.m.

Congregate Nutrition Program

Lunch is served Monday through Friday at 11:30 a.m.—12 noon.



Drop in Activities

The following are available for use at the center by persons 60 and older:

- * Balance Beam Scales for checking weight
- * Card Tables
- * Computer Lab-Watauga Branch Library
- * Croquet
- * Exercise Equipment
- * Exercise Your Brain
- * Mental Adventures - (Variety Puzzles)
- * Horseshoes
- * Library (Books, videos, books on tape) – Watauga Branch Library
- * Piano
- * Sewing Machines
- * Table games, jig saw puzzles, and cards
- * Television/VCR and DVD player
- * wii sports
- * wireless Internet

Agency Information

Friday, October 28, from 10 - 11 a.m. Margie Mansure, registered dietitian with the County's Cooperative Extension Service will give a brief overview of the agency's programs and also discuss food additives and how to read and evaluate food labels.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Grief Workshops - Third Friday each month from 9:30 - 11:30 a.m. Jennifer Johnson, a representative from High Country Hospice will be offering an uplifting group session in which to honor and remember loved ones and pets.

Diabetic Education and Support Group - Meets every Thursday evening, from 6:30 - 8:30 p.m. and Friday morning, from 9:30 - 11:30 a.m. Space may be limited, please call in advance to reserve a seat.

Health and Nutrition Education

Friday, September 30, from 10 - 11 a.m. Margie Mansure, registered dietitian with the County's Cooperative Extension Service will be guest speaker for the Diabetic Education and Support Group. The topic will be "Understanding the Diabetic Diet".

Blood Pressure Checks

Second Thursday each month from 10:30 - 11:30 a.m

Special Activities

Creative Card Making Workshops - A small fee for each project includes instructions and all supplies and envelopes. Workshops will be from 9:30 - 11:30 a.m. on the dates listed below:

Friday, September 9 - Iris folded pocket book card
Monday, September 19 - two Autumn theme greeting cards

Monday, October 10 - two Christmas cards



Trip to Historic Jonesborough and Johnson City, TN

Thursday, September 15, 9:00 a.m.-5 p.m. Shopping and lunch at the Johnson City Mall, then National Storytelling Center in Jonesborough and a stroll downtown. Cost for one hour session of storytelling is \$11 and transportation is \$2. Please bring money day of trip or you may pay ahead. Call to reserve a seat.

Heritage Day Fair - Saturday, September 17, from 9 a.m. - 4 p.m. at the old Cove Creek School. If anyone is interested in setting up a free vendor craft booth or sharing space in the senior tent, call Toni at 297-5195.

October and November Trips - Trips may be scheduled if funds allow. Please call the center in early October for more information.

Halloween Party - Monday, October 31, from 9 - 11:30 a.m. Refreshments, bingo (10 - 11 a.m.)



Special Interests and Services

Health Screenings – Thursday, September 22. For adults age 60 and over. There is \$25 charge for people who have Medicare. Please call for an appointment.



Advocacy Opportunities- The center provides information on advocacy opportunities, “Effective Advocacy” training and voter registration forms.

Computer Training- The Branch Library is offering one on one instruction for persons sixty and older. Call the library at 297-5515 to schedule an appointment.

Cove Creek Community Council- 1st Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

Volunteer Opportunities- Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

Transportation- The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

Fit for Life Program- Register to earn points for incentive gifts when you participate in the walking program, exercise classes and exercise equipment.

Crafty Critters Club- Meets the first Monday of each month 12 - 3 p.m. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Always open to newcomers. If interested in joining call Toni at 297-5195.

Information and Referral- Available at the senior center for services not provided by the Project on Aging.

Fiber Art/Hand Spinning Guild — Spinners will meet first Thursday of each month from 6:30 - 8:30 p.m. Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30 p.m.

Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

Cove Creek Grange- 2nd Tuesday of each month, 7-9 p.m.

Special Interests and Services Continued

Book Discussion Club - Will meet the fourth Thursday of each month. The meeting will be from 7 - 8:30 p.m. and is sponsored by the Branch Library. Call the library at 297-5515 each month for book title/author or for more information.

Reminder

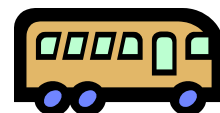
Classes and activities are scheduled two months in advance, therefore cancellations and rescheduling can occur. If you are coming in for a specific activity call first to verify.

Lois E. Harrill Senior Center - 265-8090

Western Watauga Community Center - 297-5195

AppalCart Schedule -Western Watauga Community Center

Days/Routes are subject to change.



Monday and Friday– 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

Tuesday and Thursday– Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

Wednesday is shopping day in Boone, for all routes. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 7 -8:30 a.m. on the morning you wish to ride. The farther out you live the earlier you should call in order for drivers to leave earlier.

Learn to Play Bridge

Informal, easy lessons for beginners or as a refresher course. Contact Richard Cours or Nolan Church at the Western Watauga Community Center weekdays from 9 a.m. - 2 p.m. to arrange an appointment.

Newsletter Availability

There are four ways to obtain a senior center newsletter:

- Pick up at Western Watauga Community Center or L.E. Harrill Senior Center.
- E-mail- Send a message to karin.bare@watgov.org requesting this method of delivery.
- Mailed.
- Located on agency’s web site at www.wataugacounty.org. Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



Holiday Closing

The Watauga County Project on Aging, which includes the Lois E. Harrill Senior Center and the Western Watauga Community Center, will be closed Monday, September 5, 2011, in observance of the Labor Day holiday.

In addition to these closings Home Delivered Meals will not be served.



Project E.M.M.A.

During September we will be starting a new program at the Lois E. Harrill Senior Center called "EMMA," which stands for "Eat Smart, Move More, Age Well." The kickoff for this program will occur at our Annual Walk-a-thon on Wednesday, September 28. By participating in EMMA activities, you may be eligible to earn prizes. Stay tuned for more information about EMMA, including new exercise classes, cooking demonstrations, and lots of fun! Upcoming EMMA events: Monday, September 26, 10-10:30 am, Zumba demonstration; Tuesday, September 27, 10-11 a.m., Cooking Demonstration .

Social Security

A Social Security representative will no longer be coming to the Harrill Center. Please call the Wilkesboro Social Security Office toll free at 1-866-331-2298 for assistance, or go to www.ssa.gov to apply for benefits online.

Instruction on using the Social Security website is available by request. Please call the center for more information.



Mission Statement

The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.

Disclaimer

The Senior Center does not endorse or recommend the services of any for profit group that may provide information programs at the center. We strive to make older adults aware of services available in the area. It is solely the decision of the individual as to their participation. Information only, not actual services will be offered at the center by any for profit business.

Call the senior centers with any questions.

Falls Prevention Week, September 19-23

Join us at the Lois E. Harrill Senior Center for special activities to raise awareness about falls prevention: Wednesday, September 21 – Falls prevention bingo, 11 a.m.-Noon.

Thursday, September 22 – Falls prevention information and individual consultations about home safety, 10 a.m.-Noon

Friday, September 23 – Wii Balance games, 10 - 11 a.m.

Flu Shot Clinics

Flu shot clinics will be held at the Harrill Center on Tuesday, September 20 and Thursday, October 20. Each clinic will be held from 10 a.m. - Noon. Flu vaccinations are free if you have Medicare Part B. Please bring your Medicare card or other insurance cards. For those without insurance, shots will cost \$24.99. Please plan to pay at the time of service. No appointment necessary.



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